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DIRECTOR GOES FOR THRILLS WITH DREAM HOUSE

{page 16}

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CALGARY

metro

Tuesday, September 27, 2011
www.metronews.ca



News worth sharing.

Shooters likely got wrong house

► Police not sure why the northeast dwelling was a target ► Three women, infant inside Castleridge home when bullets were fired



JEREMY NOLAÏS
@METRONEWS.CA

Smashed glass and bullet holes covered the scene of a northeast Calgary shooting yesterday — one police believe was a case of mistaken identity.

Amandeep Parihar, who lives with seven other people inside the targeted house in the 0-100 block of Castleridge Road Northeast, was in nearby Martindale around 10:30 p.m. Sunday when he received a frantic call from his sisters.

"The girls called and said, 'Somebody is shooting,'" he recalled yesterday.

Parihar raced home to find seven bullets had struck the home. Thankfully no one was hurt, but one round narrowly missed his 21-year-old sister washing dishes in the kitchen.

Parihar's grandmother and a one-month-old infant were also inside at the time.

"It was a mistake for them to

shoot here," he said. "We don't have any (criminal) connections."

A preliminary investigation has led police to believe that story, said Staff Sgt. Len Dalton.

"We have been canvassing the area all day long and there's nothing really popping up in investigators' minds as to why this happened," he said.

Little more than an hour prior to the Castleridge shooting, police were called to a scene where someone was shot in the 0-100 block of Spruce Place Southwest.

Police are still investigating that incident, but it appears to be unrelated and possibly connected to drugs, according to a release. The victim in that incident is in serious, but stable condition in hospital.

Two shots were also fired in a Chestermere parking lot around 8 p.m. Sunday. RCMP believe up to 20 people were involved in an altercation at that scene, but again they have found no relation to the Calgary incidents.

JEREMY NOLAÏS/METRO



► A bullet hole is seen in the front window of a home on Castleridge Road Northeast.

Suspects

- Staff Sgt. Len Dalton said police believe one or two individuals were involved in the Castleridge shooting. The suspects were likely using a vehicle, because no shell casings were found on scene, he added.
- As for the Spruce Place shooting, police are seeking public assistance in locating a dark-coloured Ford Explorer-type utility vehicle seen in the area around 9:15 p.m. Sunday.

Rally.



► A protester is led away by police yesterday after crossing a barricade during a rally against the Keystone XL pipeline on Parliament Hill in Ottawa. Story, page 6.

ADRIAN WYLD/THE CANADIAN PRESS


Police lead protester away



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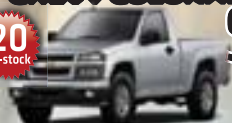
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Tower likely to be built after all

- Community appealed to church to withdraw from agreement
- Construction likely to start soon

KATIE TURNER
@METRONEWS.CA

Residents in Rutland Park thought their fight against a proposed cell tower was over until they were informed Sunday that a contract with Rogers was binding and the tower will likely be built.

"We've certainly been under the impression that the tower wasn't going up, so of course we were surprised when we heard this," said Rod Morgan, who lives across the street from the Grace Lutheran Church where the tower is slated to be built.

Gayle Fields, a Rutland Park resident since childhood, said she too thought the battle was won.

"We all relaxed because after we had the meetings ... we thought, 'OK, that's it,'" she said. "I just heard

In opposition

- The church held its AGM in February, where roughly 30 to 40 people attended, according to Doug Hunsley.
- Hunsley said the majority of those residents were opposed to the tower.

about this today and it's a big surprise to me. I'll have to go back to battle."

Executive director for the church Doug Hunsley said following feedback from the community, the church sought legal advice but was advised not to pull out of the contract as they could face a financial penalty.

"They had a solid contract and they were going ahead with it," said Hunsley.

A call to Rogers was not returned by press time.



► Residents of the southwest community of Rutland Park, from left, Gayle Fields, Wayne Frisch, Lesia Hawrelak and Rod Morgan say they were surprised to learn a 25-metre cell tower will likely be built due to a binding contract with Rogers.

KATIE TURNER/METRO

Nenshi pushing to reform local elections

KATIE TURNER
@METRONEWS.CA

Mayor Naheed Nenshi has penned a letter to Premier Ed Stelmach and Minister Hector Goudreau with five proposed changes to municipal campaign finance.

"I'm proposing some common-sense reforms so people can run for office,"

\$2,500 Nenshi argues **\$2,500 should be the maximum campaign contribution rather than the current \$5,000.**

Nenshi said.

Those changes would include allowing donations to only be collected in the

same year the election is taking place, rather than at anytime, as they are currently allowed.

He also argues donor-list disclosure should be mandatory and campaign surpluses should go toward the municipality, back to the donors or to charity after the election.

News in brief

Wildrose would replace human rights panel

Alberta's Wildrose party says it would abolish the province's human rights commission and replace it with something more efficient.

Leader Danielle Smith

is proposing a new branch of the courts that would deal solely with human rights complaints.

She says it would do away with what she calls frivolous complaints and allow people with legitimate beefs to be represented by human rights advocates for free.

The cost of the new court system would be similar to the \$5.2 million spent on the human rights commission now.

THE CANADIAN PRESS

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metronews.ca

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KATIE TURNER/METRO



► Mayor Naheed Nenshi speaks to the media at city hall yesterday. Nenshi said community associations do good work but shouldn't be seen as another branch of government.

Local groups need redefined role: Ald.

► Ald. Carra questions political clout of community associations ► They're not part of government, he says



KATIE TURNER
@METRONEWS.CA

After severing ties with a community association in his ward, Ald. Gian-Carlo Carra is opening up a discussion on what role volunteer organizations should play.

Carra issued a letter to Ramsay residents late last week saying that censorship of his submission to the community association's newsletter was the "last straw" and he was effectively ending his relationship with the group.

"Community associations have assumed a lot of

147
There are 147 independent community associations in Calgary involving about 20,000 volunteers, says Leslie Evans of the Federation of Calgary Communities.

political responsibility over the years ... but I don't think they are structurally set up to really wield the power and responsibility that they've set up over the years," he said.

Leslie Evans, executive

director of the Federation of Calgary Communities, said volunteer associations "are doing really important work, and I think to start saying that they're anything but a valued voice is shortsighted."

Mayor Naheed Nenshi said there are issues that need to be resolved.

"They're not duly elected politicians and it would be unfair of us to treat them that way. So we have to figure out ways they can be more effective in bringing the voice of their neighbourhood residents to the floor without us pretending they're some other level of government."

Calgary singing phenom dreams of superstardom

CONTRIBUTED

She may be only 12 years old, but Calgary's Charlie Storwick has already proved to millions that she's got pipes.

Storwick, a seventh-grader at Waldorf School, captivated viewers during the fourth season of YTV's hit show *The Next Star* — similar to *American Idol* and other talent shows — and walked away with the top prize before a live audience Sunday night.

She will now head into the recording studio as part of a deal with Warner Music Canada.

"Before I could talk, my parents told me I was trying to sing," said Storwick, who described her sound as a mix of recording artists Adele and Pink. "I just love it so much.... I am so happy."

Storwick took part in auditions for the show af-



► She's *The Next Star*: Calgary's Melissa (Charlie) Storwick.

ter learning about them from a friend just one day before. Now she has eyes on becoming a singing superstar.

"I used to only perform in my room," she said. "Now I have gotten so far, it's crazy." ● JEREMY NOLAN

Tween idol

- 1 Melissa (Charlie) Storwick competed in various challenges in 10 episodes of *The Next Star*.
- 2 Overall, viewers cast 3.6 million votes in favour of six finalists.
- 3 Storwick originally bested 4,000 other candidates to qualify for the show's Top 16 round.
- 4 Her music will also be featured on iTunes and a CD in production with offerings from all of the finalists.



For more local news visit metronews.ca/calgary

Kidnap suspect appears in court

A southern Alberta woman accused of kidnapping made a court appearance yesterday. Police allege Joanne Elizabeth Smith, 45, took a seven-year-old girl from a home in Fort Macleod. RCMP issued an Amber Alert on Saturday and the girl was found in Calgary shortly afterward. **THE CANADIAN PRESS**

Man pleads guilty to manslaughter

A Calgary man has reportedly pleaded guilty to manslaughter in a stabbing death at Mezzaluna bar last year. Johar Sirage Hussein, 27, admitted he was responsible for the death of Bak Joseph Malok, 20, reports suggested yesterday. Malok was killed on July 8 of last year.

● METRO

Police seek Kensington shooters

Police are searching for two men they believe are connected to a shooting in Kensington on Saturday. Officers were called to the 300 block of 10th Street Northwest at about 3 a.m. and found two men with gunshot wounds. Anyone with information is asked to call police or Crime Stoppers.

● METRO

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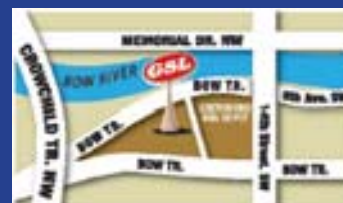
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Keystone protest comes to Canada

► Immigration Minister Jason Kenney calls Parliament Hill protesters 'extremists' on Twitter ► It's 'in our collective national interest' for Keystone pipeline to proceed, says Natural Resources Minister Joe Oliver



JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

More than 100 protesters climbed over a fence police erected on Parliament Hill yesterday and then sat peacefully, waiting to be arrested.

Greenpeace, the Council of Canadians and the Indigenous Environmental Network organized the protest against the development of the tar sands and pipelines that carry Canadian oil to the U.S.

It was modelled after the Keystone XL pipeline protests outside the White House and getting arrested was part of the plan from the beginning, organizers said.

RCMP Sgt. Marc Menard said more than 100 pro-

\$65

The protesters who jumped the fence in front of Centre Block were handcuffed with plastic zip ties, booked and given a ticket for \$65 for trespassing.

testers were arrested for obstructing police, but ultimately only given a provincial offence notice for trespassing.

"The reason for the arrest is people were found guilty of the offence of obstruction," he said, but he wouldn't elaborate on how the protesters were obstructing police by crossing the fence.

"I'm actually missing

the class I teach at the University of Toronto," said Keith Stewart, after he climbed over the fence. "Right now, my students are in class."

Asked why he was willing to be arrested, he said, "I've been writing environmental policy and lobbying politicians for over a decade, and that's not doing anything. And I've got a daughter."

Natural Resources Minister Joe Oliver defended the oilsands and the Keystone pipeline.

"Our government will continue to promote Canada, and the oilsands, as a stable and secure source of energy to the world, and will defend Canadian jobs and interests," Oliver said in a news release issued during the demonstration.



► Blaine Cameron, who uses a wheelchair, is carried over a security fence on Parliament Hill by his fellow protesters yesterday.

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Judge throws book at teen who killed dad

A now 19-year-old Winnipeg man has received close to the maximum youth sentence for killing and dismembering his abusive father in 2009.

Judge Janice LeMaistre deducted just eight months for the time he has spent in custody since he turned himself in about a month after the June 2009 slaying, then pleaded guilty to first-degree murder. That means he must serve 64 months in secure custody and another four years of conditional super-

6 The maximum under the Youth Criminal Justice Act is six years in custody.

vision.

His defence lawyer had asked for two years.

LeMaistre noted that since the slaying, the young man's mother and her other children are no longer being terrorized by the man who was killed, but she said the nature of the offence still called for a severe penalty.

THE CANADIAN PRESS

Trial begins in wrestler murder case

Jurors in Winnipeg have begun hearing evidence in a high-profile alleged murder-for-hire case involving a former pro wrestler.

Melody Sanford, 47, Rita

Cushnie, 57, and Donald Richard, 35, have each pleaded not guilty to first-degree murder and conspiracy to commit murder in connection with the September 2007 death of Ivan (John) Radocaj. The 43-year-old died of blunt-force trauma to the head.

● JAMES TURNER IN WINNIPEG

Students taunt police

- ▶ Many identified themselves as high school students
- ▶ Marchers got support from motorists, pedestrians



ANGELA MULLINS
@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

Nearly 100 people took to London, Ont.'s downtown streets yesterday to protest what they called "police brutality" against 17-year-old Jaz Bennett.

Bennett, a Grade 12 student at H.B. Beal Secondary School, said he was shocked by a stun gun as police broke up a fight Thursday near the school. He walked along with the protesters, at times trailing several blocks behind and holding his chest where one of the Taser prongs entered his body.

"I got jumped. I was defending myself," he said about last week's fight, which resulted in assault



▶ Masha Sultan, 18, a student at H.B. Beal Secondary School in London, Ont., yells at officers yesterday outside the London Police Service headquarters.

with a weapon charges against him. "I felt relieved to see the officers (arrive on scene)."

The roving protest lasted several hours, making its way from Beal high school to police headquarters before heading to the city's downtown core and

then to city hall.

Some tense moments came early on as the crowd stopped in front of the police station. There, three police officers lined the front steps and others stood guard nearby.

Several people were warned that stepping off

Not outside

Not everyone was stirred to action by yesterday's police protest.

- ▶ Wesley Demmerling, 17, a Grade 12 student at H.B. Beal Secondary School, thought the group got a little too rowdy at times and lost its focus. He was especially worried after he said someone jumped on a car outside city hall.

the sidewalk and onto the steps constituted trespassing. Many responded by yelling obscenities at the officers as someone on a bullhorn demanded they defend their actions.

The officers stood stone-faced as pig squeals were blasted over a loud speaker and the crowd chanted "Shame on you" and "Stop the police."

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Monks self-immolate

► Duo urged religious freedom before setting themselves on fire: Free Tibet

Two Tibetan monks set themselves on fire yesterday to protest China's tight rein over Buddhist practices, a rights group said, as the Chinese government reiterated it will choose the

next Dalai Lama.

The Free Tibet campaign said Lobsang Kalsang and Lobsang Konchok, both believed to be 18 or 19 years old, self-immolated at the Kirti Monastery in China's

Sichuan province.

The official Xinhua News Agency said in a report that did not identify the monks by name that both were rescued by police, suffered slight burns and were in

stable condition.

China has said that religious law requires that the reincarnation of the Dalai Lama be born in a Tibetan area under Chinese control.

THE ASSOCIATED PRESS



► Exiled Tibetan monks hold a candlelight vigil in Dharmasala, India, in reaction to news reports of self-immolation by two monks in China.



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Dead Sea scrolls a click away

Two thousand years after they were written and decades after they were found in desert caves, some of the world-famous Dead Sea Scrolls went online for the first time yesterday in a project launched by Israel's national museum and web giant Google.

The appearance of five of the most important Dead Sea scrolls on the Internet is part of a broader attempt by the custodians of the cel-

On offer

► The scrolls include the biblical Book of Isaiah, the manuscript known as the Temple Scroll and three others. Surfers can search high-resolution images of the scrolls for specific passages, zoom in and out, and translate verses into English.

ebrated manuscripts — who were once criticized for allowing them to be monopolized by small circles of scholars — to make them available to anyone with a computer.

THE ASSOCIATED PRESS

Thailand. Wildlife

► A Thai customs official holds the tail of a pangolin before putting it in a cage prior to a news conference at the customs office in Bangkok yesterday.



APICHART WEERAWONG/THE ASSOCIATED PRESS

Saved from the dinner table

Thai authorities have rescued nearly 100 endangered pangolins worth about \$32,000 US that they say were to be sold and eaten outside the country.



NEW EPISODES
TONIGHT

8

Unforgettable

9

Flashpoint

10

Dancing with the Stars

Netflix lands DreamWorks

► Rising cost of streaming rights is the key reason for increased prices

Netflix unveiled a coming attraction yesterday that its subscribers may like: The Internet video rights to films and television specials from DreamWorks Animation.

The multi-year deal will give Netflix Inc.'s streaming service the exclusive rights to show the latest content from DreamWorks, the studio behind popular titles like Shrek, Kung Fu Panda and Madagascar.

But the rights don't kick in until 2013, so the DreamWorks material won't immediately placate Netflix customers who are clamouring for Netflix's streaming library to widen its selection of box-office hits.

The complaints could escalate early next year when

Netflix loses the streaming rights to Walt Disney Co. movies and other films that it got through a licensing deal it had with Starz Entertainment.

Still, the DreamWorks deal represents a badly needed coup for Netflix, which has been reeling from a customer backlash triggered by sharp price increases and an upcoming spin-off of its DVD-by-mail service into a website called Qwikster.

Netflix snatched the DreamWorks Animation SKG Inc. rights from pay-TV rival HBO, providing the latest sign that Internet video has emerged as a compelling alternative for Hollywood movie and TV studios. **THE ASSOCIATED PRESS**



► A customer uses a self-serve checkout station at a Big Y supermarket in Manchester, Conn.

JESSICA HILL/THE ASSOCIATED PRESS

Self-serve checking out

A number of U.S. supermarket chains are bagging self-serve checkout lanes in order to allow clerks to help shoppers directly.

Samsung and Apple butt heads





Samsung asked a Dutch court yesterday to slap an injunction on Apple Inc. to prevent it from selling iPhones and iPad tablets in the Netherlands, saying Apple does not have licenses to use 3G mobile technology in the devices.

The legal battle is the latest round in a series of claims and counterclaims of patent breaches by the rival technology heavyweights playing out in courtrooms around the world.

Samsung Electronics Co. lawyer Bas Berghuis told a civil judge that Apple "never bothered to ask about licenses" before it started selling 3G-enabled iPhones that use the Universal Mobile Telecommunications Standard (UMTS).

Apple lawyer Rutger Kleemans hit back by claiming Samsung was using the dispute to "hold

Market moment

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Apple hostage" because Apple had accused Samsung of copying its iPhone and iPad designs.

Apple argues that because UMTS technology has been adopted as the industry standard, Samsung is under a legal obligation to offer licenses for patents that underpin the standard on "fair, reasonable and nondiscriminatory" terms.

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Canada's MACEWAN

Lower gas prices a letdown

Gasoline prices are expected to inch a bit lower the rest of the year, but not as much as motorists would hope, an energy consultant said yesterday, blaming the weaker loonie.

World oil prices are set in U.S. dollars so a rising

loonie against the greenback offsets part of the impact of higher crude prices. But the latest slide in the loonie means a raw deal for consumers who buy gasoline with weaker Canadian dollars.

The Canadian average

for regular unleaded gasoline yesterday was about \$1.22 per litre, according to the price-tracking website Gasbuddy.com. That compared with about \$1.25 a litre a month ago and \$1.01 a litre a year ago.

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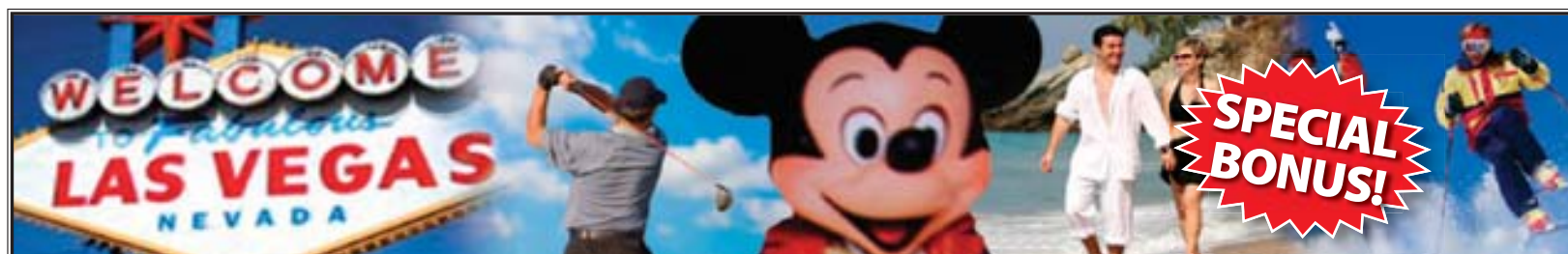
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SHE SAYS ...

JESSICA NAPIER
METRO



I just don't see the appeal.

Don't get me wrong, I am not a terrible driver — or at least, I'd like to think I'm not. Sure there has been the odd fender bender and one unfortunate speeding ticket when I was 18 but nothing too traumatic. I understand the rules of the road and am certainly physically capable of driving from A to B. I'm just not very fond of it.

When I am behind the wheel, I am permanently on edge. I get heart palpitations at the first sign of inclement weather, and the combination of speeding cabs, weaving bicyclists and jaywalking pedestrians sends my nerves into overdrive. I hate the overly aggressive road ragers and the lost hours spent staring at

break lights in a traffic jam.

I actually prefer taking public transportation, even on its slowest, smelliest and most uncomfortable days. Not because I can't afford to drive, or because I am an environmental crusader, but because, for me, it's just so much easier.

Sitting on a bus or train gives me time to myself; time to sleep, to read and to stare inappropriately at attractive strangers. Public transit is empowering — bus drivers don't care when I'm intoxicated and they let me check my phone for text messages whenever I want.

As a non-driver, I am exempt from all of the monetary costs associated with car ownership. I don't have to worry about repairs or parking and I admittedly have no concept of how

much car insurance costs (but I hear it's horrendous). And while the occasional fare increase will irk me for a month or two, it is nothing compared to the daily emotional roller coaster that results from the fluctuation of crude oil prices.

I know mass transit isn't always the fastest or most convenient way to travel, and I'm not immune to the eye-rolling frustrations of yet another late bus or stalled train. But most of the time I can breathe deeply and get over it because I want to believe that the benefits of communal commuting outweigh the negatives.

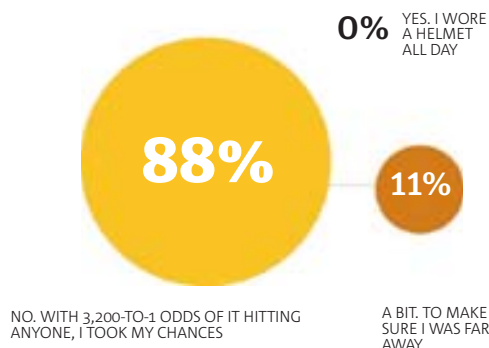
Riding transit might make me more dependent at times, but it is also blissfully liberating in so many ways. For us anti-automobile folk, freedom is a monthly pass and a good book.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

Did you follow the falling satellite?



Letters

RE: *Consequences of curbing sweets*, published Sept. 23

I don't know if this article is supposed to be funny or ironic but Mike Morrison is apparently willing to sacrifice our kids becoming "healthier" and "nicer people" because "(i)n a matter of months, countless personal trainers will soon be wandering around aimlessly Princess Island Park for someone who would normally be overweight."

He gives this conclusion: "People, it's about consequences, and I don't know if a healthier population is something we can handle." Is this really an acceptable message to put out to the general public? That people should stay obese to satisfy the economy? In an article published by Public Health Canada, it says more than one in four children in Canada are overweight and that we are seeing an alarming increase in conditions such as high blood pressure and Type 2 diabetes in children, where before those conditions were mostly reserved to adults.

WILL JOHNSON
CALGARY

Blind. Photog

► Juan Antonio Hernandez tries to touch a flower in order to feel its temperature and thus determine the sunlight's angle as he prepares to photograph the flower at a park in Mexico City earlier this month.



MARCO UGARTE/THE ASSOCIATED PRESS

Photo of the day

Hernandez is one of 30 visually impaired or blind people learning photography with the help of the Mexico City foundation Ojos Que Sienten, or Eyes That Feel.

WEIRD NEWS

Finally! A fish tank that fits in your pocket!

Introducing the world's smallest aquarium. Made of fibreglass and measuring just 3 centimetres wide by 2.4 cm high and 1.4 cm deep, it can rest on the palm of your hand. With two teaspoons of water inside, this tank boasts living algae and even contains miniscule baby danio-erio fish.

Hailing from Omsk, Russia, nimble-fingered miniaturist Anatoly Konenko and his son Stanislav made this in



► An itty-bitty fish tank

three weeks. The 57-year-old was the first in Siberia to create what he calls "microminiature" art. He claims to have invented the technology of writing on very small grains of rice.

In 1996, Konenko was recognized by Guinness for the world's smallest book — at 0.9 millimetres by 0.9 mm.

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2

scene

Scene in brief



Taylor Lautner met fans at the European premier of *Abduction* in London last night. A Facebook campaign ensured he'd promote the movie in the U.K., with more than 79,000 supporters "liking" the page on the site. **THE ASSOCIATED PRESS**



E-Street Band guitarist Van Zandt says Springsteen plans to decide future after Clemens death.



► Daniel Craig and Rachel Weisz are a happily married New York City couple seeking a simpler life in New England in *Dream House*.

Director up in the clouds

► Jim Sheridan tries to capture the intangible in his work ► New film *Dream House* is a psychological thriller that's a departure from his typical character drama fare



RICHARD CROUSE
SCENE@METRONEWS.CA

Shortly into my conversation with Irish filmmaker Jim Sheridan I begin to understand what his daughter Kristen meant when she said her father "exists up in the clouds. In order to communicate with him, you have to go up into the clouds yourself."

When I mention the quote to the *Dream House* director he laughs and tries to explain.

"I think that's probably true in relation to the way I approach actors and story. I know directors like Tim Burton or David Fincher, they're very structured visually. Then there's the approach that says, 'It's emotional over here.'"

But emotions are invisible and it's hard to catch the invisible. Trying to catch the invisible is very interesting because it's just something that happens in front of you rather

than something that has happened, as Hitchcock said, and then I'm only shooting it."

In his new movie *Dream House*, real life newlyweds Daniel Craig and Rachel Weisz are Will and Libby, a happily married couple who leave New York City for a simpler life in New England. Of course, this is a thriller, so their hopes for a happy life are dashed when they discover their new home was the site of a grisly murder.

"It's a genre piece," he says.

"It's a psychological thriller with horror overtones and detective story overtones, but essentially, deep down it's a love story. It's in the vein of *A Beautiful Mind* and *Shutter Island*. We've made the kind of movie with thriller and horror elements, but women will like it."

Sheridan may exist in the clouds, but he is realistic about the state of the movie business. The kind

of character dramas that made him famous are harder to get made these days.

"One day, I don't know what day it was, maybe a Thursday, about a year ago, everybody decided you couldn't make a drama anymore," he says. "I think there was a surfeit of independent movies when there was a surfeit of money," he says. In Ireland we built too many houses, in America we made too many movies."

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


WRITTEN AND DIRECTED BY DEBORAH COLKER

DVD Releases

Buy it    | Rent it   | Borrow it   | Yawn   | Don't bother 

Star Wars: The Complete Saga

Genre: Action
Director: George Lucas
Stars: Harrison Ford, Mark Hamill
  

Can there possibly be any justification for buying George Lucas' creaking

space opera yet again?

Yes and no. If you really want the very best sight and sound available for home systems, you need this Blu-ray package, which includes not only the sainted original trilogy that began in 1977, but also the damned prequel one that began in 1999.

If you're happy with what you already have on regular DVD, then save your money.

The extras are bountiful, including scratchy (and brief) deleted and extended scenes from the original trilogy, which began with Star Wars in '77. (It's now called Star

Wars: Episode 4 — A New Hope under Lucas' loopy renaming system.)

If it all makes you chuckle, you might enjoy one of the real highlights of this package: 90 minutes of the many pop-cult parodies of Star Wars, ranging from The Simpsons to "Weird Al"



Yankovic to Saturday Night Live.

Expect to be asked to buy these all over again, after Lucas rolls them all out on 3D. Bleh.

 PETER HOWELL



Transformers: Dark of the Moon

Genre: Action
Director: Michael Bay
Stars: Shia LaBeouf, Rose Huntington-Whiteley, Tyrese Gibson
 

Picking the "best" of the three Transformers movies is like choosing death by firing squad, shark mauling or being crushed by one of Wile E. Coyote's giant anvils.

On reflection, I'd choose the anvil drop, which is what the last 45 minutes of Transformers: Dark of the Moon feels like, as the good alien robots (Autobots) and bad alien robots (Decepticons) turn Chicago into a scrapyard.

The overlong Transformers 3 is an improvement over the incomprehensible Transformers 2, which I'm still in therapy for, and the pokey original Transformers, which first turned these robot-changing Hasbro toy cars into multiplex behemoths.

This latest eruption qualifies for "most revived franchise" status, if only because scripter Ehren Kruger, the guilty pen behind Transformers 2, has literally found the plot, any plot.

This one ludicrously connects the 1969 Apollo 11 moon landing with Transformers lore — Neil Armstrong

and Buzz Aldrin secretly discover a smashed Autobots spaceship on the moon's dark side — but at least it's a conspiracy theory we can follow.


The lunar find leads to our sweaty teen hero Sam Witwicky (Shia LaBeouf) being reluctantly dragged yet again into the Autobots vs. Decepticons fray.

But at least he has a new girlfriend to play with, in between explosions.

She's feisty rich girl Carly, played by Rosie Huntington-Whiteley, a former Victoria's Secret model. Carly easily fills the gap left by the departed Megan Fox, who was bounced for comparing Bay to Hitler.

Such happy simplicity doesn't extend to the rest of Transformers 3, which Bay and Kruger pack with so many excess characters, it's as if they wanted the cast to be as bloated as Bay's ego.

Transformers 3 also triples up on the comic relief, with two pairs of humans and one pair of robots offering dubious yuks. John Turturro's meddling FBI agent, which allows him to do his best Al Pacino imitation, now finds its distaff counterpoint in Frances McDormand's snippy national intelligence director.

 PETER HOWELL

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MJ's kids may take the stand

► Case into the death of the late singer is looming

AARON LAMBERT-POOL/GETTY IMAGES

Michael Jackson's two oldest children, Prince Michael and Paris, are reportedly eager to take the stand in the manslaughter case of Dr. Conrad Murray, the man accused of causing the pop star's death, according to Radar Online, but their grandmother, Katherine Jackson, is resisting the idea.

"She knows how traumatic it would be for them, but both Prince Michael and Paris have said they want to tell the jury what they saw on the day their father died," a source says, adding that Michael's sister, La Toya Jackson, isn't opposed to the idea.

"La Toya has said it would be good for the children to 'get what is inside them out of them.' She feels it is a way for them to release the hurt. Above all though, she believes her brother was murdered and what Prince Michael and Paris could tell the jury would inevitably help convict the doctor."

● METRO



► Michael Jackson

The thong thing to say

KEVORK DJANSEZIAN/GETTY IMAGES



► Jennifer Garner

Jennifer Garner's third pregnancy has led to some unfortunate fashion-related moments at home, she admits to Ellen DeGeneres, describing a bathroom run-in with her older daughter, Violet.

"So the other day ... (Violet) is in there with me and all of the sudden she went, 'Oh Mom, we have to have a talk,'" Garner remembers. "She said, 'Mom, your bottom has gotten so big that your panties don't even begin to cover it.'" Unfazed, Garner tried to explain things to her daughter. "I said, 'It's called a thong, you wear it when you're a grown up.' She was like, 'Uh, that is so gross!'"

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3

life

New study shows



1

... drink a day was linked to greater overall health in older women in a study conducted by the Harvard School of Public Health. Women who had one a day at the age of 58 had a 20 per cent chance of "successful" ageing. ● METRO



Is breastfeeding undermined when hospitals provide free formula?



► As the sun dips earlier and we spend less time outdoors, it's time to think about other sources of vitamin D. Fatty fish is our best natural source: think salmon, mackerel, sardines and tuna. And then there's our grandmothers' grimace-inducing favourite: cod liver oil.

Goodnight sun: why vitamin D is critical

► New study shows links between serious mental illness in kids and vitamin D deficiency



CELIA MILNE
LIFE@METRONEWS.CA

Vitamin D — the sunshine vitamin — got another thumbs-up recently.

A small study in Oregon found that children with serious mental illnesses are more likely to be deficient in vitamin D than children with good mental health. Researchers at the Oregon Health & Science University, led by Dr. Keith

Cheng, tested vitamin D levels in 67 children (ranging from seven to 17) in a psychiatric hospital. The children had illnesses including anxiety disorder, autism, disruptive disorder, mood disorder and psychotic disorder. They compared these to children in the general, healthy population.

Vitamin D deficiency was found in 21 per cent of the inpatients, compared with only 14 per cent in

healthy children. This is not enough evidence to say low vitamin D causes mental illness, but the subject is worthy of further study, said the authors.

This is a good reminder to Canadian parents that vitamin D is important, especially in the fall and winter months, when children get less sun. Recognizing this, the government has raised the recommended daily allowance (RDA) for chil-

dren.

"As we go into October 2011, I am thrilled that the RDA for children has gone up three-fold, compared to October last year," says Dr. Reinhold Vieth, director of the bone and mineral laboratory at Mount Sinai Hospital and a professor at the University of Toronto.

"Official government agencies are advising parents to provide children with 600 I.U. vitamin D as the average daily supply,

and I think that is excellent basic advice."

Vieth notes that Vitamin D helps prevent rickets and may lower the risk of influenza or allergy. Some research shows vitamin D boosts mood and reduces risk of depression.

"Modern lifestyles are generally sun-avoiding," he warns. "Of course there is also less vitamin D-forming UVB sunlight available the farther north one goes."

Best Health Minute



BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The truth about colonics

Despite the cost of about \$100 per session, many people swear by colon hydrotherapy as a way to lose weight and be healthier. But as our writer, Lesley Young,

found out, there are some myths — and some truths. Here are just a few:

Myth #1: "It prevents constipation." No, it doesn't. It can relieve it temporarily, but only when other routes, such as dietary changes, don't work.

Myth #2: "It helps you

lose weight." Any pounds that might be lost are gained back right after the procedure, as soon as you resume eating and drinking.

Myth #3: "It permanently rids us of bad bacteria."

There's a balance of good and bad bacteria in our colon, and a colonic re-

moves both kinds temporarily. Then, both repopulate soon afterward.

For four more myths and truths about colonics, go to besthealthmag.ca and type in the search word "colonics."

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Coping with our tragedy

► If you try to bury your feelings, you are not alone ► Metro speaks to experts on dealing with our grief

ROMINA MCGUINNNESS
LIFE@METRONews.ca
METRO WORLD NEWS IN LONDON

What did you feel on the 10th anniversary of 9-11? Were you overwhelmed? Tried to ignore it? Or did you find remembering that day cathartic? What are you feeling now, weeks later? Understanding your feelings may help you understand something as ambiguous as grief.

Traditionally, doctors have thought we all go through the "grief cycle," a classic model devised by psychiatrist Elisabeth Kübler Ross in the '60s. She identified five stages of

grief: denial, anger, bargaining, depression and acceptance. We may all go through them, though at different speeds.

It gets more complicated when dealing with large-scale disasters. Those who suffered no direct trauma will have an easier time moving on with their lives while those directly affected (physically or emotionally) face a long road to recovery. And sudden tragedies, like a tsunami or the recent mass shooting in Norway, take those affected by surprise, complicating the grieving process.

"We never get over a death or loss. We just learn



► Grieving after the Norway attack.

to live life in a different way," says Dr. Heidi Horsley, a grief expert.

Normalizing your grief by speaking with others that have been through a similar experience will help you realize that feel-

ing sad, angry and out of control is OK.

Initially, denial is inevitable. It may even last forever. Horsley describes how after 9/11, many hoped their loved ones were walking around the

city with amnesia...until they had seen their remains.

George Bonnano, professor of clinical psychology at Columbia University in New York, says the most common response to ex-

treme tragedy is resilience, with most people functioning relatively normally one month after the trauma.

"Being upset is how we cope with a tragic event, just like a fever is how we cope with infection," he says. "Distress is our psychological fever, an indicator that we are doing something to adapt."

Or as Horsley explains it, life moves on.

"Grief comes at us in waves. Initially we hold on to the memory of a loved one and the pain longer than we ought to in fear that letting go means we have forgotten. Time goes by and life moves on. We live in a grief phobic society where there is little tolerance for grief over time."

Her prescription: "Life is a temporary state so live every day as though it were your last."

ATTENTION: LADIES AND GENTLEMEN! Do you suffer from arthritic pain?

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HOW? Submit information to
pgrip@online@gmail

WHEN? October 10, 2011

WHO? Individuals who have osteoarthritis and rheumatoid arthritis

COST? FREE

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SEPTEMBER 30TH, 2011

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For any questions please contact
Dr. Lucie Brosseau:
Lucie.Brosseau@uottawa.ca

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- A \$20 gift certificate
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- Other effective strategies not contained in the online PGrip program
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FINAL WEEK



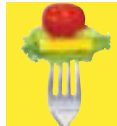
A hearty taste of Italy

► Graze on appetizers or fill up on substantial Italian fare at the newly opened Borgo Trattoria ► Top it off with an Italian cocktail or prosecco

LUNCH RUSH

ANH CHU

FOOD@METRONEWS.CA



Whether you're sampling a variety of Italian cicheti (small bites) or eating a more substantial lunch, 17th Avenue's Borgo Trattoria has got options.

Salads, soups and pastas round out the menu. Drinks include prosecco and Italian cocktails and sodas.

We tried a variety of dishes, starting with pork and fennel meatballs (\$2 each) followed by a delicate skewer of organic



► Ricotta Gnocchi with Green Beans, Pesto and Potato

Borgo Trattoria
818-16th Ave. S.W.
403-245-2202
borgo.ca

Price Range: \$8-\$18

Reservations: No

Licensed: Yes

Social Lunch: Yes

Quick Solo Lunch: Yes

Rating: 4 out of 5

beef with arugula pesto (\$2 each).

Next was ricotta gnocchi with green beans, pesto and potato (half size \$8). The sauce was rich and the pasta fluffy.

I appreciated the variety

of low-priced desserts. I tried one scoop of pistachio gelato (\$2, made in-house) that was missing a creamy feel.

The newly opened restaurant takes no reservations but is large enough

to hold 130 people.

The selection of appetizers is an appealing feature. If you're not a fan of one dish, you move on to the next. It's just as easy to order more of your favourites.

Almond Chocolate Chews

THE CANADIAN PRESS/HO



Preparation:

1 In a large double boiler or large bowl over gently simmering water, melt butterscotch and chocolate chips for about 10 minutes.

2 Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds. Gently stir, making sure no water gets into the bowl.

3 Drop teaspoonfuls onto wax paper-lined cookie sheet.

4 Refrigerate until set, about 30 minutes. Makes 3 dozen.

Ingredients:

- 500 ml (2 cups) butter-scotch chips
- 500 ml (2 cups) chocolate chips
- 250 ml (1 cup) raisins
- 250 ml (1 cup) cranberries
- 375 ml (1 ½ cups) salted pretzels, broken in half
- 500 ml (2 cups) whole almonds, dry roasted (or substitute whole almonds, salted)

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A tarragon twist on classic crème brûlée

► Try this show-stopping dessert with tarragon cream

Preparation:

1 Preheat oven to 160 C (325 F). In a saucepan, combine cream, butter-milk, 50 ml (¼ cup) of the sugar and lemon zest; heat over medium heat until steaming. In a heatproof bowl, whisk together 50 ml (¼ cup) of the sugar, eggs and egg yolks until pale. Gradually whisk in heated cream mixture in a slow steady stream; whisk in vanilla.

2 Strain through a fine-mesh sieve into a liquid measuring cup with a pouring spout. Pour evenly into six 175-ml (⅔-cup) or eight 125-ml

(⅓-cup) ramekins or creme brulee dishes.

3 Set ramekins in a roasting pan and place pan in oven. Pour in enough boiling water to come three-quarters up sides of ramekins. Bake for 35 to 40 minutes until tops are firm and centre is slightly jiggly. Let cool on rack. Cover loosely and refrigerate for about 2 hours, until chilled, or up to 2 days.

4 Tarragon Cream: In a chilled bowl, using an electric mixer, whip until cream is thick. Beat in honey, tarragon and orange zest until soft

peaks form; set aside.

5 Topping: Preheat broiler, if using. Blot top of custards dry with paper towel. Sprinkle evenly with a thin layer of the remaining sugar, adding more if required. Broil on a baking sheet, rotating ramekins as necessary, or use a torch until sugar is bubbling and caramelized. Let cool for 3 minutes. Place blackberries or raspberries evenly on top and dollop with Tarragon Cream. Garnish each with a tarragon sprig and black pepper, if desired. **THE CANADIAN PRESS**

Ingredients:

- Crème Brûlée**
- 375 ml (1 ½ cups) whipping cream
 - 125 ml (½ cup) buttermilk
 - 125 ml (½ cup) granulated sugar, divided
 - 5 ml (1 tsp) grated lemon zest
 - 2 eggs
 - 2 egg yolks
 - 10 ml (2 tsp) vanilla

Tarragon Cream

- 125 ml (½ cup) 35% whipping cream
- 22 ml (1 ½ tbsp) liquid honey
- 15 ml (1 tbsp) chopped fresh tarragon
- 7 ml (1 ½ tsp) grated orange zest

Topping

- 75 ml (⅓ cup) granulated sugar
- 375 ml (1 ½ cups) fresh blackberries or raspberries
- Fresh tarragon sprigs (optional)
- Fresh cracked black pepper (optional)

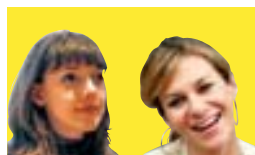
TIPS FOR A WINGMAN

Dear column people,
My best friend's a tool when it comes to women, and I really don't get it. We're both decent-looking guys with good jobs and lots of confidence. To top it off, he's probably seen every pick-up video out there, but when it comes to talking to women, he can't close the deal. He tells me to hold him accountable when it comes to getting numbers, and when we're on the way to a club he'll keep talking about how psyched he is and how he'll do this or that, but once we get there, he just stands around and getting him to approach a woman is almost impossible. Any suggestions?

Andrea: Dear BFF,
It sounds like you're a pretty good wingman.

Although holding him accountable, monitoring him, and pushing him can be helpful at first, continuously doing so will take away your effectiveness as a motivator.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Think about it: he keeps “failing” despite your pushing, and nothing happens.

Try a different tactic: before going out, have him take out \$50 from his bank account and give it to you to hold on to (increase the amount if he's wealthy).

If he gets a number that night, he gets it back.

He does not get it back (don't spend it) until he gets a number. Call it a "date trust fund."

Paying him will be a positive association with

getting girls' numbers and inaction will cost him. Let me know how it goes!

Claire: Dear Wingman,

There is a funny phenomenon that says we often react in contrast to those around us — in other words, your confidence might actually bring out his lack of confidence. I'm not saying that's the cause of his un-Romeo-ness, but maybe it's time for another approach.

Maybe he should try dating online — it will give him more control over the situation.

He can keep things light for as long as he likes, and use online chatting and emails to get to know the woman he eventually chooses to meet.

It will allow him to build his confidence, which seems to be lacking. Good luck!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

THE RIGHT TIME FOR CHIVALRY

CHARLES THE BUTLER



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Dear Mr. Butler,
I would value your opinion on a point of etiquette/respect. I'm in my mid-30s, but it has usually been my practice to rise when women enter or leave the room, or arrive at or leave the table during meals. The only real exception to this has been for very close friends and family who would be embarrassed by the gesture. How should I respond when a woman insists that this gesture of respect for their sex is unnecessary, that I remain seated? Also, should one dispense with the practice when the woman is constantly moving to and from the table or the room, while serving dinner or otherwise going about her hostess duties?



► Don't forget: Etiquette is all about making others feel comfortable in social situations.

Dear Aron,

The custom of a gentleman standing every time a woman enters the room and/or stands at the table is rarely practised in today's modern world, but does remain common in formal social situations. Remember that etiquette is all about making others feel comfortable in social situations. Therefore if a woman asks you to please stop

standing for her, I would respect her request. It also is neither necessary nor appropriate to keep standing for a hostess who has to come and go from the table while she is serving her guests. Bravo for being a gentleman, and one thing I am absolutely sure about is that chivalry is not dead!

**HAVE A QUESTION? EMAIL CHARLES AT
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READY TO OWN?

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When I was 21 I bought my first house. I'd worked hard over four years to squirrel away enough money for a small down payment. Before too long, however, I ran right into an extremely common trap: home poverty. Basically, all I could afford was my house! It took eight months for my monthly cash flow to 'level out' and finally feel like I had two nickels to rub together again.

Home poverty happens when after the mortgage, insurance and utilities are paid, there's little money left over for RRSP contributions, home maintenance, car repairs, vacations, etc. A

person's cash flow is further jolted with the initial costs of moving expenses, legal fees, closing costs, cleaning supplies and much more.

Avoid feeling house poor by preparing for home ownership well in advance of buying. Figure out what you can afford based on your current income, not what you hope your income will be in the future. Use online mortgage calculators (available through any bank) or talk to a mortgage broker.

If your credit score is in good shape, banks will approve a mortgage amount that translates into monthly housing payments (mortgage, insurance, taxes and heating combined) that are less than 32 per cent of your gross monthly income.

Just because you can qualify for a huge mortgage doesn't mean you should take one! Less debt almost always translates into less stress.

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Jack, the three-year-old Warren Buffett wannabe, is in an investing mood now that he has a few thousand in his RESP.

Actually, truth be told, it's his Nana (me) who is hoping to channel him in this direction. But what should he (his parents) buy for his fledgling education account to ensure any post secondary studies are as debt-free as possible?

Last week I wrote about the issues parents face in

GIC rates are rock bottom low but still a good bet for education savings.

-ALISON'S MONEY RULE

terms of savings choices. RESP? TFSA? RRSP?

Because the government tops up RESPs with a 20 per cent grant on the first \$2,500 contributed, I suggested his parents focus savings efforts here, at least until they achieve that \$2,500 mark to receive the maximum grant.

The other option is to contribute some to RESPs and some to RRSPs, then take the tax refund and plunk it in the RESP.

But how should they invest the money? Banks, where you open RESP accounts, want to sell mutual funds, most of which charge high fees.

Also, as we've seen with the latest incarnation of market volatility, equity (stock) mutual funds are offering little joy and much risk these days.

Let's say Jack persuades Mom and Dad to invest with the tortoise rather

than the hare — i.e. GICs rather than the stock market. After 15 years, assuming they achieve a four per cent average annual compounded rate of return over time — that's the GIC return plus reinvested income — he will have nearly \$62,000 for his post-secondary education.

Boring, yes. Safe? Oh yes. The government gives you a 20 per cent return annually on any money contributed up to \$2,500. This means you don't need to take any risks at all.

One complication is that most banks have a minimum GIC amount, usually \$5,000. But Jack can wait until he has that in his RESP before he directs his parents to buy a GIC and then roll it over annually with the additional contributions added in.

Another issue is rock bottom rates. Go for third party GICs offered by other



► Learn to raise the next Warren Buffett.

financial institutions at your bank. Rates are higher, though the minimum investment might be also.

Here's an example: CIBC's one-year GIC pays 0.9 per cent annually but the bank offers three GICs from other institutions paying just over 1.7 per cent.

CONTACT ALISON AT GRIFFITHS.ALISON@YAHOO.COM. YOU CAN PRE-ORDER HER NEW BOOK, COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY AT ALISONGRIFFITHS.CA.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Losing. Argument



► Boston's David Ortiz reacts after being called out on strikes by home-plate umpire Laz Diaz in the third inning yesterday.

THE CANADIAN PRESS

Sox lose again to drop into wild-card race tie with Rays

The Boston Red Sox have finally fallen all the way back to the pack, and now they've got only two games left to make it right. The Red Sox found another way to lose, this time on a broken-bat single and an inside-the-park homer, and their 6-3 defeat against the Baltimore Orioles last night dropped them into a tie in the AL wild-card race. Boston's 17th loss in 22 games enabled Tampa Bay to pull even in the duel for the league's final playoff spot. The Rays, who beat the New York Yankees 5-2, trailed by nine games after play on Sept. 3.

Colts' QB crisis gets worse

► Indy owner denies Manning out for season ► Collins treated for injury

Peyton Manning is out, Kerry Collins is hurt and Curtis Painter isn't sure if he'll be starting next week.

It was another messy Monday in Indianapolis.

Less than 13 hours after a third straight loss, the Colts' quarterback carousel spun wildly — team officials denied a report Manning was lost for the season, declined to say

whether Collins had suffered a concussion and sidestepped the issue of adding another quarterback to the roster.

"It just depends on the situation and we'll address it as we go," coach Jim Caldwell said. "We have to look at all the possibilities, and it's our job to cover all those bases."

Manning is expected to miss at least five more

weeks and perhaps the season after having neck surgery Sept. 8, his third in 19 months.

Collins didn't talk to reporters yesterday because he was receiving injury treatment. Caldwell said Collins was forced out of Sunday night's game because of concussion-like symptoms and that he was still being evaluated. Collins also missed prac-

tice time last week with a sore throwing shoulder.

The only other quarterback on Indy's active roster is the tough-luck backup Painter, who hasn't been told whether he'll get his first career start next Monday at Tampa Bay.

"I'm not sure," he said. "I'm sure we'll find out more in the next couple of days." **THE ASSOCIATED PRESS**

Irsay covers bases on Manning

Colts owner Jim Irsay reportedly told attendees at a private breakfast with Super Bowl donors yesterday morning that Peyton Manning would miss the rest of the season.

A few hours later, Irsay wrote this on Twitter: "I didn't say Peyton out 4season FOR SURE, keeping him on ActiveRoster n taking it month by month/Outside chance of return n December possible."

Stamps send Collins to Ticats for Wagner

The Hamilton Tiger-Cats acquired defensive back Milt Collins from the Calgary Stampeders yesterday.

The Ticats also picked up a fifth-round draft pick in the 2013 CFL Canadian Draft.

In return, Hamilton sent non-import linebacker Jaden Wagner and a fourth-round pick in 2013 to Cal-

44

Lethbridge's Jaden Wagner was selected 44th overall by Hamilton at this year's Canadian Draft.

gary. Collins, a six-foot-one,

180-pound American, has 86 defensive tackles, eight interceptions and three sacks in 47 games with Calgary, where he captured a Grey Cup with Calgary in 2008.

Wagner had 38 tackles and one sack in 12 games with the Brigham Young Cougars last year.

THE CANADIAN PRESS

Sports in brief

NBA back at negotiating table today

NBA. A person familiar with the plans says representatives for NBA players and owners will meet today and perhaps tomorrow, a person told The Associated Press on condition of anonymity. **THE ASSOCIATED PRESS**

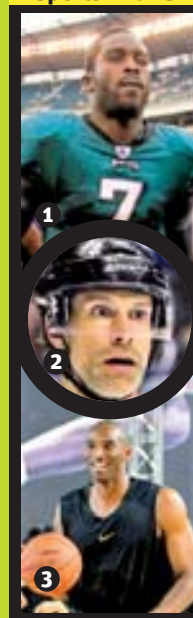
NHL doles out punishments

PRE-SEASON. Columbus Blue Jackets defenceman James Wisniewski was suspended the rest of the pre-season and the first eight regular-season games for a right-arm blow to the head of Minnesota Wild forward Cal Clutterbuck, and Wild forward Brad Staubitz will miss the pre-season and the first three regular-season games for an illegal check from behind. **THE ASSOCIATED PRESS**

4

sports

Sports in brief



1 Philadelphia Eagles coach Andy Reid said yesterday that a CT scan showed Michael Vick's injured right hand is bruised, not broken, as originally thought.

THE ASSOCIATED PRESS

2 The New Jersey Devils announced Scott Niedermayer's No. 27 will be retired Dec. 16.

THE CANADIAN PRESS

3 Italian club Virtus Bologna has clarified that its top offer to Los Angeles Laker Kobe Bryant is a one-year, \$5-million US deal.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
x-New York	97	63	.606	—
Boston	89	71	.556	8
Tampa Bay	89	71	.556	8
Toronto	80	80	.500	17
Baltimore	68	92	.425	29
CENTRAL DIVISION				
	W	L	Pct	GB
x-Detroit	93	67	.581	—
Cleveland	80	80	.500	13
Chicago	78	82	.488	15
Kansas City	71	89	.444	22
Minnesota	61	99	.381	32
WEST DIVISION				
	W	L	Pct	GB
x-Texas	93	66	.585	—
Los Angeles	86	73	.541	7
Oakland	72	87	.453	21
Seattle	66	93	.415	27

x — clinched playoff berth

Last night's results

Baltimore 6 Boston 3
 Detroit 14 Cleveland 0
 Tampa Bay 5 N.Y. Yankees 2
 Kansas City 7 Minnesota 3
 Chicago White Sox 4 Toronto 3
 Texas at L.A. Angels
 Oakland at Seattle
Sunday's results
 Tampa Bay 5 Toronto 2
 Detroit 10 Baltimore 6
 Kansas City 2 Chicago White Sox 1
 Minnesota 6 Cleveland 4 (10 inn.)
 N.Y. Yankees 6-4 Boston 2-7 (14 inn., 2nd game)
 Oakland 6 L.A. Angels 5
 Texas 12 Seattle 5
Tonight's games
 Boston (Bedard 5-9) at Baltimore (Britton 11-10), 7:05 p.m.
 Cleveland (J.Gomez 5-2) at Detroit (Scherzer 14-9), 7:05 p.m.
 N.Y. Yankees (Colon 8-10) at Tampa Bay (Hellickson 13-10), 7:10 p.m.
 Kansas City (O'Sullivan 2-5) at Minnesota (Swarzak 3-7), 8:10 p.m.
 Toronto (H.Alvarez 1-2) at Chicago White Sox (Buehrle 12-9), 8:10 p.m.
 Texas (C.Lewis 13-10) at L.A. Angels (E.Santana 11-12), 10:05 p.m.
 Oakland (Cahill 11-14) at Seattle (Beavan 5-5), 10:10 p.m.

Tomorrow's games

Toronto at Chicago White Sox, 2:10 p.m.
 Boston at Baltimore, 7:05 p.m.
 Cleveland at Detroit, 7:05 p.m.
 N.Y. Yankees at Tampa Bay, 7:10 p.m.
 Texas at L.A. Angels, 8:05 p.m.
 Kansas City at Minnesota, 8:10 p.m.
 Oakland at Seattle, 10:10 p.m.

NHL

PRE-SEASON

Yesterday's results

Boston 2 Montreal 1
 Philadelphia 5 N.Y. Rangers 3
 Washington 3 Columbus 1
At St. John's, Newfoundland
 Winnipeg 3 Ottawa 1
Sunday's results
 Edmonton 3 Calgary 0
 San Jose 4 Vancouver 3
 Anaheim 3 Los Angeles 1

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
x-Philadelphia	100	60	.625	—
Atlanta	89	71	.556	11
Washington	79	80	.497	20½
New York	76	84	.475	24
Florida	71	89	.444	29
CENTRAL DIVISION				
	W	L	Pct	GB
x-Milwaukee	94	65	.591	—
St. Louis	88	72	.550	6½
Cincinnati	78	82	.488	16½
Pittsburgh	71	88	.447	23
Cleveland	70	89	.440	24
Houston	56	104	.350	38½
WEST DIVISION				
	W	L	Pct	GB
x-Arizona	93	66	.585	—
San Francisco	84	75	.528	9
Los Angeles	80	78	.506	12½
Colorado	72	87	.453	21
San Diego	69	90	.434	24

x — clinched playoff berth

Last night's results

Cincinnati 6 N.Y. Mets 5
 Philadelphia 4 Atlanta 2
 Washington 6 Florida 4
 Houston 5 St. Louis 4 (10 inn.)
 Pittsburgh at Milwaukee
 L.A. Dodgers at Arizona
 Chicago Cubs at San Diego
 Colorado at San Francisco
Sunday's results
 Washington 3 Atlanta 0
 Cincinnati 5 Pittsburgh 4
 Colorado 19 Houston 3
 Milwaukee 9 Florida 5
 Philadelphia 9 N.Y. Mets 4
 St. Louis 3 Chicago Cubs 2
 L.A. Dodgers 6 San Diego 2
 Arizona 5 San Francisco 2
Tonight's games
 Cincinnati (Arroyo 9-12) at N.Y. Mets (Carpuzano 11-12), 7:10 p.m.
 Philadelphia (Oswalt 8-10) at Atlanta (D.Lowe 9-16), 7:10 p.m.
 Washington (Lannan 10-13) at Florida (Vazquez 12-11), 7:10 p.m.
 St. Louis (Westbrook 12-9) at Houston (Sosa 3-5), 8:05 p.m.
 Pittsburgh (Ohlendorf 1-3) at Milwaukee (Wolf 13-10), 8:10 p.m.
 L.A. Dodgers (Kuroda 13-16) at Arizona (Park-er 0-0), 9:40 p.m.
 Chicago Cubs (Garza 9-10) at San Diego (Bass 2-0), 10:05 p.m.
 Colorado (White 2-3) at San Francisco (Bum-garner 12-13), 10:15 p.m.
Tomorrow's games
 Cincinnati at N.Y. Mets, 1:10 p.m.
 Colorado at San Francisco, 3:45 p.m.
 Washington at Florida, 4:10 p.m.
 Philadelphia at Atlanta, 7:10 p.m.
 St. Louis at Houston, 8:05 p.m.
 Pittsburgh at Milwaukee, 8:10 p.m.
 Chicago Cubs at San Diego, 8:35 p.m.
 L.A. Dodgers at Arizona, 9:40 p.m.

Colorado 3 Dallas 0
 Columbus 4 Buffalo 1
 Detroit 4 Chicago 3 (SO)
At Halifax — Boston 7 Montreal 3
At Charlotte, N.C. — Carolina 4 Winnipeg 0
Tonight's games
 Dallas at Florida, 7:30 p.m.
 Toronto at Ottawa, 7:30 p.m.
 St. Louis at Minnesota, 8 p.m.
 L.A. vs. Pittsburgh (at Kansas City, Mo.), 8 p.m.
 Phoenix at Edmonton, 9 p.m.
 N.Y. Islanders at Calgary, 9 p.m.

NFL

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
Buffalo	3	0	0	1.000	113	73
New England	2	1	0	.667	104	79
N.Y. Jets	2	1	0	.667	83	61
Miami	0	3	0	.000	53	78
SOUTH						
	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	90	60
Tennessee	2	1	0	.667	57	43
Jacksonville	1	2	0	.333	29	62
Indianapolis	0	3	0	.000	46	84
NORTH						
	W	L	T	Pct	PF	PA
Baltimore	2	1	0	.667	85	40
Cleveland	2	1	0	.667	61	62
Pittsburgh	2	1	0	.667	54	55
Cincinnati	1	2	0	.333	57	54
WEST						
	W	L	T	Pct	PF	PA
Oakland	2	1	0	.667	92	82
San Diego	2	1	0	.667	65	69
Denver	1	2	0	.333	58	62
Kansas City	0	3	0	.000	27	109

NATIONAL CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
Washington	2	1	0	.667	66	53
N.Y. Giants	2	1	0	.667	71	60
Dallas	2	1	0	.667	69	67
Philadelphia	1	2	0	.333	78	77
SOUTH						
	W	L	T	Pct	PF	PA
Tampa Bay	2	1	0	.667	60	60
New Orleans	2	1	0	.667	104	88
Carolina	1	2	0	.333	60	68
Atlanta	1	2	0	.333	60	77
NORTH						
	W	L	T	Pct	PF	PA
Green Bay	3	0	0	1.000	99	74
Detroit	3	0	0	1.000	101	46
Chicago	1	2	0	.333	60	69
Minnesota	0	3	0	.000	60	74
WEST						
	W	L	T	Pct	PF	PA
San Francisco	2	1	0	.667	70	52
Seattle	1	2	0	.333	30	67
Arizona	1	2	0	.333	59	56
St. Louis	0	3	0	.000	36	96

Last night's result

Dallas 18 Washington 16
Sunday's results
 New Orleans 40 Houston 33
 Tennessee 17 Denver 14
 Detroit 26 Minnesota 23 (OT)
 San Francisco 13 Cincinnati 8
 Buffalo 34 New England 31
 N.Y. Giants 29 Philadelphia 16
 Cleveland 17 Miami 16
 Carolina 16 Jacksonville 10
 San Diego 20 Kansas City 17
 Oakland 34 N.Y. Jets 24
 Baltimore 37 St. Louis 7
 Seattle 13 Arizona 10
 Green Bay 27 Chicago 17
 Tampa Bay 16 Atlanta 13
 Pittsburgh 23 Indianapolis 20
Sunday, Oct. 2
 Detroit at Dallas, 1 p.m.
 Washington at St. Louis, 1 p.m.
 Minnesota at Kansas City, 1 p.m.
 Carolina at Chicago, 1 p.m.
 Pittsburgh at Houston, 1 p.m.
 New Orleans at Jacksonville, 1 p.m.
 San Francisco at Philadelphia, 1 p.m.
 Tennessee at Cleveland, 1 p.m.
 Buffalo at Cincinnati, 1 p.m.
 N.Y. Giants at Arizona, 4:05 p.m.
 Atlanta at Seattle, 4:05 p.m.
 Miami at San Diego, 4:15 p.m.
 New England at Oakland, 4:15 p.m.
 Denver at Green Bay, 4:15 p.m.
 N.Y. Jets at Baltimore, 8:20 p.m.
Monday, Oct. 3
 Indianapolis at Tampa Bay, 8:30 p.m.

CFL

WEEK 13

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	12	8	4	0	291	277	16		
Montreal	12	7	5	0	374	297	14		
Hamilton	12	6	6	0	351	344	12		
Toronto	12	3	9	0	251	344	6		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	12	7	5	0	288	284	14		
Calgary	12	7	5	0	324	345	14		
B.C.	12	6	6	0	334	249	12		
Saskatchewan	12	4	8	0	272	345	8		
Sunday's result									
At Moncton, N.B.									
Hamilton 55 Calgary 36									
Saturday's results									
B.C. 42 Saskatchewan 5									
Toronto 25 Winnipeg 24									
Friday's result									
Montreal 34 Edmonton 21									

WEEK 14

All Times Eastern

Friday, Sept. 30

Montreal at Winnipeg, 7:30 p.m.

Edmonton at B.C., 10:30 p.m.

Saturday, Oct. 1

Saskatchewan at Calgary, 4 p.m.

Hamilton at Toronto, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Houston	31	10	9	12	39	39	42
Columbus	30	11	11	8	35	38	41
Kansas City	30	10	9	11	44	38	41
Philadelphia	29	9	7	13	37	31	40
New York	30	8	7	15	46	41	39
D.C. United	28	9	8	11	43	41	38
Chicago	29	6	8	15	36	39	33
Toronto	31	6	13	12	32	55	30
New England	30	5	13	12	34	49	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	30	17	3	10	44	22	61
Seattle	30	15	6	9	49	32	54
Real Salt Lake	29	15	8	6	42	27	51
Dallas	30	13	10	7	36	33	46
Colorado	31	10	9	12	41	40	42
Portland	30	10	13	7	37	44	37
Chivas USA	31	8	12	11	39	38	35
San Jose	30	6	11	13	32	39	31
Vancouver	29	4	15	10	29	49	22

x — clinched playoff berth.

Note: Three points for a win, one for a tie.

Sunday's result

Chicago 3 New England 2

Tomorrow's games

All Times Eastern

Columbus at Kansas City, 8:30 p.m.

Chicago at Real Salt Lake, 9 p.m.

Thursday's game

D.C. United at Philadelphia, 8 p.m.

ENGLAND

PREMIER LEAGUE

Norwich 2 Sunderland 1

SPAIN

LA LIGA

Yesterday's result

Getafe 1 Real Betis 0

TENNIS

WTA TORAY PAN PACIFIC OPEN

At Tokyo

Singles

First Round

Ana Ivanovic (12), Serbia, def. Anastasia Rodionova, Australia, 6-4, 6-0.
 Mandy Minella, Luxembourg, def. Kimiko Date-Krumm, Japan, 1-6, 6-3, 6-3.
Marino, Vancouver, 1-6, 6-2, 7-5.
 Klara Zakopalova, Czech Republic, def. Ursula Radwanska, Poland, 3-6, 6-3, 6-1.
 Maria Kirilenko, Russia, def. Erika Sema, Japan, 6-1, 6-0.

Ana Ivanovic (12), Serbia, def. Anastasia Rodionova, Australia, 6-4, 6-0.
 Vania King, U.S., def. Zhang Shuai, China, 6-1, 6-0.
 Jie Zheng, China, vs. CoCo Vandeweghe, U.S., 5-5, susp. rain.

Gisela Dulko, Argentina, vs. Tsvetana

Pironkova, Bulgaria, 6-6, susp. rain.

Second Round

Marion Bartoli (7), France, def. Ayumi Morita,

Japan, 6-3, 0-6, 6-3.

Maria Sharapova (2), Russia, def. Tamarine

Tanasugarn, Thailand, 6-2, 7-5.

Jelena Jankovic (8), Serbia, def. Barbara

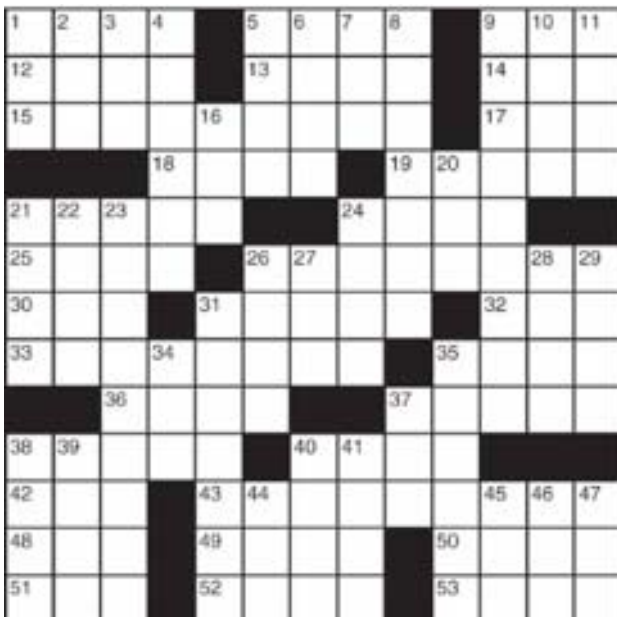
Crossword

Across

- 1 Sit and smile
- 5 Dandies
- 9 Cauldron
- 12 Windows alterna-
- 13 Laugh-a-minute
- 14 Japanese sash
- 15 Stockholder's col-
- 17 Disencumber
- 18 Tatters
- 19 Stylishly dressed
- 21 Settle a loan
- 24 Opulent
- 25 Love deity
- 26 They have lots to
- 30 Melody
- 31 Hackneyed
- 32 Allow
- 33 Went back over
- 35 Waiter's handout
- 36 Charged bits
- 37 Range rover?
- 38 Eighth Greek letter
- 40 Shipbuilding wood
- 42 Rowing need
- 43 Characterization
- 48 Hearty quaff
- 49 Ms. Brockovich
- 50 Comical Carvey
- 51 Two, in Tijuana
- 52 Old portico
- 53 "Agreed"

Down

- 1 Little pooch
- 2 John's Yoko
- 3 Knightly address
- 4 Crowd-scene actors
- 5 Kermit, for one
- 6 Artworks

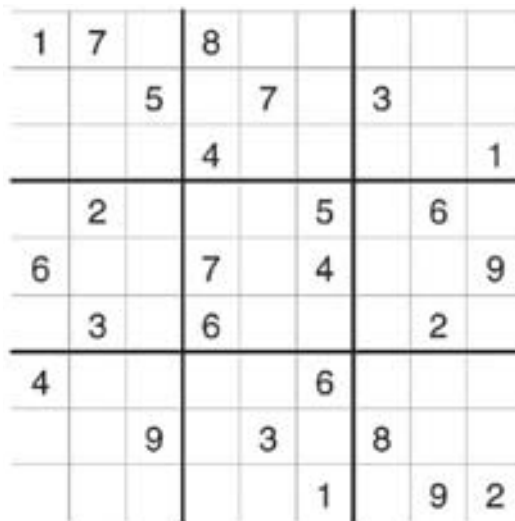


- 7 Luau bowlful
- 8 Without expression
- 9 Ship's windows
- 10 Last writes?
- 11 Neat
- 16 Wray of "King Kong"
- 20 Performance
- 21 Caboose's place
- 22 A Great Lake
- 23 Doorway curtains
- 24 McNally's partner
- 26 Mythical birds
- 27 Before
- 28 Nevada city
- 29 Dazzle
- 31 Appetizers
- 34 Decay
- 35 Japanese emperor of yore
- 37 Prohibit
- 38 5-Down's cousin
- 39 Head light?
- 40 Small combo
- 41 Sicilian volcano
- 44 Table scrap
- 45 Talk on and on
- 46 "Ugly Betty" actress Ortiz
- 47 Deposit

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

You
Come back and stay! Miss
you, love you!
FROM THIS FIRE NEVER GOES OUT

Lovely Your Love Zright Do
you not know that your
glance is very sharp...Sweet-
ie! ...Uhl!... Moreover, your
glances could slash the light
from all candles and light
bulbs in the church on last
Saturday...Sweetie! I am just
kidding...! Hold your faith in
God and keep praying;
Surely, God will help the
whole world and all of us
through this dismal econo-
my. You are right and smart
to use a quote: "There is on-
ly happiness in life, to love
and be loved." Yet, love usu-
ally encounters challenges
from reality that is not easy
to perceive it in order to
have happiness. Thank you
for your beautiful thoughts
to me. Have good day with
sealing a kiss.

FROM FROM: MIZZ: JULIET

A look at the weather

- TODAY** Min 10° Max 18°
WEDNESDAY Min 6° Max 12°
THURSDAY Min 4° Max 17°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

- ♈ Aries** March 21-April 20 Stop trying to control each and every situation you find yourself in and let fate take its course.
- ♉ Taurus** April 21-May 21 Try to take things a bit easier on the work front. Slow down.
- ♊ Gemini** May 22-June 21 Be fair in the way you deal with other people and always try to help them get the best from whatever situations you are jointly involved in.
- ♋ Cancer** June 22-July 22 If you can remember that some people are emotional and easily hurt then

- you won't go far wrong today.
- ♌ Leo** July 23-Aug. 23 If you can get away from the daily grind you should do so.
- ♍ Virgo** Aug. 24- Sept. 22 Go with the flow and let events work themselves out in their own way and time.
- ♎ Libra** Sept. 23-Oct. 23 There is a new moon in your sign today, so you won't have any trouble getting what you want.
- ♏ Scorpio** Oct. 24-Nov. 22 Don't be afraid to take advantage of a business or financial opportunity that pops up out of nowhere.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Sagittarius** Nov. 23-Dec. 21

You will be amazed how easily and you get things done today.

♊ **Capricorn** Dec. 22-Jan. 20

The best way to deal with your problems is to pretend they do not exist.

♋ **Aquarius** Jan. 21-Feb. 18

Today's new moon in Libra makes this the ideal time to clarify your life goals.

♌ **Pisces** Feb. 19-March 20.

What happens today will surprise you, especially if it involves someone you hardly know.

● SALLY BROMPTON

Caption contest



"Did you call me a CONE HEAD or CORN HEAD?"
BETHANNE

CINDY YAMANAKA/ORANGE COUNTY REGISTER.



WIN! You write it!

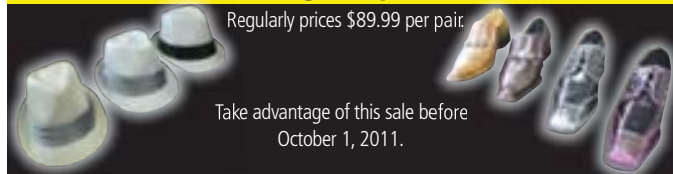
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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TOYOTA
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FINAL WEEK! SALE ENDS THIS FRIDAY, SEPT 30!!!

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CLEAROUT INCENTIVE OF
\$3000



Model# BU44EM/EP/BE40EM/EA/BU46EP

2011 Matrix

CLEAROUT INCENTIVE OF
\$4000



Model# ME4EEM/ME4EEA/LE4EEP

2011 Camry V6

CLEAROUT INCENTIVE OF
\$5000



Model# BK3ELT/BK3EXT/BK3EST

2011 RAV4 AWD LTD

CLEAROUT INCENTIVE OF
\$3000



Model# DK4DVA

2011 Venza FWD

CLEAROUT INCENTIVE OF
\$4000



Model# ZK3BBT/ZA3BBT

2011 Sienna V6

CLEAROUT INCENTIVE OF
\$500



Model# ZK3DCT AA

2011 Tacoma 4x4

CLEAROUT INCENTIVE OF
\$1500



Model# UX4ENP

2011 Tundra 4X4 CREW MAX

CLEAROUT INCENTIVE OF
\$8000



Model# DY5F1T/HY5F1T

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2011 Scion xB

STARTING FROM ONLY
\$18,270



2011 Scion tc

STARTING FROM ONLY
\$20,850



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